

**YOUR EMPLOYER IS INTERESTED IN ESTABLISHING A WEEKLY BE STRONG GROUP AT YOUR WORKPLACE!**

**BE STRONG**

*Eat. Move. Live*

**WHO ARE BE STRONG?**



**CHANGE YOUR LIFE**

**THE OFFER**

- WEEKLY MEETING
- OPTIONAL EXERCISE SESSION
- BESPOKE NUTRITION
- PERSONALISED PROGRAMMES
- MEAL TRACKER APP
- GROUP CHALLENGES
- EXTRA SUPPORT
- NO COST TO EMPLOYEES

We need to know if enough of you would like to get involved - otherwise it just won't work. There will be no cost to you. Your employer will be asking your opinion very soon!



**PHYSICAL BENEFITS**



Safe and sustainable weight loss



Increased fitness



Improved health benefits

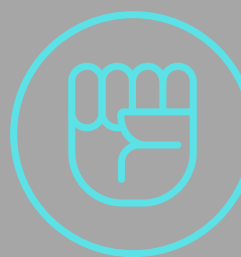
**MENTAL BENEFITS**



Enhanced brain performance and working memory



Improved well-being and mental health



Increased motivation

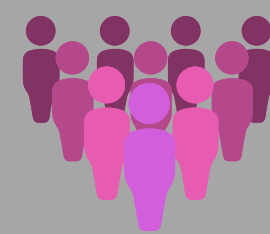
**SOCIAL BENEFITS**



Enjoyable sessions



Boost in confidence



Develop new friendships

**LOOK US UP**  
**mybeststrong.com**

**Ask a question in confidence**  
rickandrachel@mybeststrong.com

**Where's the catch?**

There isn't one. We're really enthusiastic about supporting people to achieve amazing things. We've earned a really good reputation and everything we do is based on strong values, ethics and principles. That's one reason you're reading this poster! We'd love to see how much we can achieve together.

**Rick Wilson - Rachel Wilcock**